

Nutrition Events at Big Y®

Sue Mazrolle is a registered dietitian available in a handful of Big Y locations in Western Massachusetts to provide workshops and supermarket tours to community groups for **FREE**.

WESTERN MASSACHUSETTS SCHEDULE

MARCH 2018





Sue Mazrolle, MSRD, LDN


Have you ever wondered about certain ingredients or how to shop to reduce the amount of salt in your meals or were you recently diagnosed with a condition requiring a change to your meal plan?


Let the Living Well Eating Smart Team help!

If you are interested to learn more about how Sue Mazrolle can help you and your family, contact her directly at:
SueMazrolle@gmail.com
(413) 531-3490

 **Store Tour**

 **Event Table**

 **Cooking Demo**

 **Support Group**

March 6

Gluten-Free Support Group

6:00 – 7:00 PM

**West Springfield Big Y
503 Memorial Avenue**

Come join the only support group meeting from the National Celiac Association in Western Mass for open conversation and sampling of gluten-free snacks.



March 17

Heart-Healthy Eating

10:00 – 11:30 AM

**West Springfield Big Y
503 Memorial Avenue**

Discover current recommendations for heart-healthy eating with tips to apply them to the purchases you make.



March 19

Cardio Kitchen 101: Fast and Flavorful Fish

6:00 – 7:30 PM

**West Springfield Big Y
503 Memorial Avenue**

Fear Not! Fish is so easy and fast to prepare. Attend this cooking demo to learn quick tips while bringing a recipe or two back home with you.



March 20

Probiotic Power for Digestive Health

11:00 AM – 1:00 PM

**Springfield Big Y
300 Cooley Street**

Come learn the importance of strengthening the healthy bacteria in your body and taste a variety of fermented foods.



March 20

Probiotic Power for Digestive Health

2:00 – 4:00 PM

**East Longmeadow Big Y
441 North Main Street**

Come learn the importance of strengthening the healthy bacteria in your body and taste a variety of fermented foods.



March 21

Best Tips for Weight Loss Success

5:00 – 6:00 PM

**Springfield Big Y
300 Cooley Street**

Find practical shopping tips and meal planning strategies to help shed pounds without sacrificing foods you love.



March 28

Whole Grains Tasting

11:00 AM – 1:00 PM

**Wilbraham Big Y
2035 Boston Road**

There's a world of whole grains out there! Stop by our table to sample flavorful whole grains and learn tips for adding them to your menus.



March 29

Living with Diabetes

5:30 – 6:30 PM

**Springfield Big Y
300 Cooley Street**

Walk the aisles of Big Y to learn smart shopping choices and meal planning tips for improving blood sugar control.



Visit bigy.com/livingwell/getsocial for a full list of events.

Tours are Open to All Shoppers. Participants will receive recipes, samples and other great giveaways. Please Arrive 10 Minutes Before Event at the Y Café. Time and Date Subject to Change.